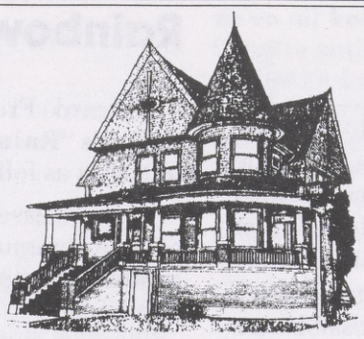
At The Center



- Being Alive Living Room
- Women's Coming Out Group
- The Lambda Library
- Men's Coming Out Group
- Café Lambda
- Eagles (Gay Seniors Group)
- Project HEAL
- Youth AIDS/Substance Abuse Prevention

- Being Gay Today Cable TV
- Youth Rap Group
- Lambda Players
- S.A.G.L.E.
- Youth Social Night
- Hate Crimes Reporting Project
- Youth Movie Night

April 1995

20th & L, Midtown Sacramento **Joanna Cassese, Executive Director** **(916) 442-0185 or 447-5755 FAX**

Library
Lambda Community Center
Sacramento, CA

Raising The Roof

by Larry Hoover

Our Center provides direct and indirect services for some 19,000 folks each year. We do it in a building that is cramped and poorly configured. Bigger (about 3500 sq. ft. as compared to the current 2000 sq. ft.) and better (more privacy, better room configuration and a more professional look) is needed. Our current "Building Committee" estimates we'll need about $3500 a month to support the desired space.

In order to move we will need to augment our existing revenues. Currently less than 50 individuals make regular monthly contributions to support the Center. Their contributions typically total about $650.00 or $13.00 per person each month. Although these contributions are not our only source of revenue, they do represent an area where additional support should be available.

Beginning Sunday April 23, and continuing through Friday, April 28, 1995, Lambda Board members and Friends will be "doing" a phone bank, soliciting funds to help us "raise the roof", financially speaking, for a new Center. Callers will ask that you make either a one time, or preferably monthly contribution to the Center. Credit cards are also welcomed. Folks who prefer monthly contributions will receive a smart, fashionable coupon book covering the next twelve months.

Our April goal is to have a total of 150 regular contributors averaging $20.00 a month each. This represents about $3000 per month, which will make our move possible.

We need your help — mark the week of April 23, 1995, on your calendar — or you can call us at 442-0185 to make your pledge and get the ball rolling.

Don't Miss the . . .

Fabulous Flirtations

Sunday, May 14, 1995

Crest Theater

Vigorous Volunteers

by Rhonda Johnson

I would like to extend my appreciation to all those volunteers who forged through the treacherous wind, uncanny rain and puddles (or shall I say small lakes) in order to arrive safely and promptly here at the Lambda Center for our Volunteer Orientation held on Monday, March 13th. Fifteen vigorous volunteers showed up, eager to set forth into the community, helping out any way they possible can.

It only makes sense that we all need to take time to be here for the people of our community because we are a "Community" Center. Without the help of volunteers and donors, none of this would be feasible. We need you here! Our community needs you here! There is only so much work that can become accomplished by six people (staff), no matter how much love and energy they give. Our Center thrives through community efforts, toil, ideas, suggestions, and donations.

To show our appreciation for all those dedicated, hard working volunteers and contributors, a joint committee including Lambda, Sacramento Aids Foundation and CARES, will be organizing a picnic (BBQ) on May 21st for all the staff, volunteers and families of the three Centers at McKinley Park. Following the BBQ we will be inviting the public and media to join us in a candlelight vigil representing and remembering all the loved ones we have lost to the AIDS virus. If you would like to be on an organizational committee for the picnic, please contact me here at the Center (442-0185). In order for us to ascertain approximately how many teams we will need for volleyball and softball, I ask that you please sign up in advance during April at one of the three locations stated above.

Lurking around the corner and creeping up on us fast, is the Freedom Fair. We need more faces and more helping hands to become part of this spectacular and gratifying event. We want to make this year's Freedom Fair the best ever. If you are interested in volunteering and becoming a beneficial key to the success of our community, please contact me here at the Center (442-0185).

Finally, I would like to encourage everyone to consider volunteering some time with the Center: whether you are just coming out or way "out" there, volunteering in our wonderful community is a very empowering experience. You CAN make a difference.

(916) 564-8701

BEA BETZNER, M.A., M.F.C.C.
Psychotherapist
MFC #30303

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The Rainbow Community

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Carmichael, CA 95608

Rainbow Connections . . .

Ricardo Freeman has accepted the Chair of the Lambda Center's **"Rainbow Committee".** The charge of the committee is as follows:

(1) To assess the Center's accessibility to all segments of OUR community. This would include traditional racial/gender/ethnic groups, as well as, the range of "QUEER" constituencies.

(2) To identify up to four individuals who would serve for an 18 month term on our Board. Those identified should add diversity to the existing Board in all ways identified in #1 above. These individuals should be willing to actively work on the Board and be comfortable with implementing the recommendations your committee will make.

Mr. Freeman has been contacting community members during March to get input. He will report his findings to the Board by draft report by April 14, 1995. The final report will be available at the May 17, 1995, Board meeting. If you wish to share your thoughts with Ricardo, please contact him through the Center (442-0185).

. . . and more rainbow connections . . .

"Brotha and Sistah" held its first monthly meeting at the Lambda Center on Saturday, March 11, 1995. The driving force is Guy Madison. The focus is on the development of more African-American leadership within the Gay, Lesbian and Bisexual Community. The next meeting will be April 8, 1995, from 2:00 - 5:00 p.m. at the Center. If you're interested, contact Franklin Anderson at 442-0185, or leave a message for Mr. Madison at the same number.

. . . and even more rainbow connections . . .

Sacramento's Gender Association held a meeting in the Center on March 20, 1995. The meeting was open to all transgender persons and focused on information, networking and self-help. Wanna' join? ... call Jennifer at 482-7740, or leave a message for her at the Center.

. . . and finally . . .

Sacramento County has asked us to inform our Seniors **(EAGLES)** that they want to talk to those who are making "healthy choices" about their diet ... a mini-biography may result ... O.J. move over! Call Mary Hawkins 366-2922 at the County for information.

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for children
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illustrator
916-962-6597

AIDS RESPONSE UPDATE

by Alex Brashears

"Just to be is a blessing.
Just to live is holy."
Abraham Joshua Herschel

I had wanted to follow up my last newsletter article continuing to discuss some of the challenges facing us in HIV prevention efforts, and what some possible solutions and approaches might be, but I must admit I need to spend a more time organizing my thoughts before I tackle this topic. Heaven forbid I misspeak or garble my already almost-always-tongue-tied thoughts! However, I thought I would continue with the National HIV Update Conference coverage, in a little different vein.

In school I was always most fascinated with the pathogenesis of disease, so I thought I'd inflict a little of this scientific talk on you, too. At the Conference I attended, Paul Volberding, a doctor at UCSF provided an update on HIV—some of what's new in the field. One of the most talked about fronts researchers have been working on has been in the pathogenesis of HIV, how exactly it, and the immune system's response to it, cause disease. It's likely that you have also seen some of this in the mainstream media, so hopefully you won't be too bored. Just bear with me please.

For the last decade, the model has been that HIV replication, after an initial burst following infection, forms an equilibrium with cells fighting it in the immune system. HIV levels and T cell (CD4) counts change very slowly over the next years, but over time HIV becomes gradually more prevalent and CD4 cells plummet. To a large extent, what causes the immune system to crash is still undetermined. So the early view was that there was burst replication followed by relative control after immune response. Dr. Volberding added, that in very early infection, if you were to take a cross section of a lymph node, stain it for HIV, and examine it under magnification, you'd find lots of virus in the tissues, even if it can't be detected in the blood. The virus is growing incredibly rapidly, yet the body is clearing it, also incredibly rapidly. This finding is what he focused on: there has been data that's challenged this idea of slow viral growth and moderate immune response. For one thing, we've all known for a long time that HIV develops resistance to anti-virals quite rapidly, and quite readily. In the studies he discussed, anti-virals and protease inhibitors were given and the effects were monitored. Viral load dropped quickly, often with a fall of up to 3 logs in HIV RNA titers (they were measuring the amount of HIV RNA to estimate the amount of virus). This, however, did nothing symptomatically. But, researchers were able to estimate the average half-life of the virus: 1-2 days. One billion virus particles are produced every day, in both early and late infection. In addition, the researchers looked at the target cells of HIV: the CD4 cells. Again, the dogma has been that lymphocytes live a long time; however, they found that the CD4 lymphocyte population rose swiftly after the viral load dropped in response to treatment with the drugs. This occurred early in the disease process as well as in advanced stages of illness.

They estimate that approximately 2 billion CD4 cells are produced per day. So the picture is one of a pitched battle: with HIV and immune system cells falling and rising in response to the gains or losses of the other, with one of the tools of the battle being the rapid appearance of anti-retroviral resistant strains. However, it now seems that the immune system is not at as much of a disadvantage as once thought: it continues to fight with numbers and efficacy almost equally matched even well into advanced stages of the disease. It was unknown conclusively, until recently, whether the immune system would even be able to regenerate itself late in the infection process even if we could kill all the virus. Now there is some additional evidence the immune system is quite resilient, indicating it is critically important to treat to block production of HIV very, very early, and to treat aggressively before HIV develops the many strains it usually does in our bodies that are drug-resistant. So—for all of you scientists and doctors by trade—please let me know if I've gotten any of this also terribly garbled. I'd appreciate your feedback. I would also appreciate hearing from anyone interested in forming an advisory group for the Center's HIV prevention and education efforts—give me a call. I'm hoping to set up a meeting within April or May. This is your chance to advise us on directions we should take, any new strategies or theories we need to know about, and to give input on a wide variety if HIV and AIDS related issues.

'95 Freedom Fair is Launched

by Kevin Cohee, Chair, Freedom Fair Committee

The '95 LAMBDA FREEDOM FAIR is now in full swing. All committees have chair persons and duties are abundant. Site coordinator, **Jesse Morales** has drawn up actual blueprints of the State Capitol grounds and we have an entirely new fair plan. It's very exciting and with **Bill Donaldson** and **Marion Hydes** help, you're sure to get more SHADE. **Paul Curtis** is wheeling and dealing with talent agents everywhere in the U.S. trying to bring you the biggest and brightest to entertain you, at least within our budget. **Lynn Vigneault, Dave Vassar** and **Bob Hendricks** have dry tongues from just mailing off hundreds of Booths & Vendor applications. If you are interested in having a BOOTH this year give **Bob** a call at 452-0962. That DEADLINE is May 18th.

We are desperate for funds as always, and one of our most visible means of fundraising is our FAIR PROGRAM. This year **Stephen Scott** will be producing it with the help of **Shannon Lindauers** donated LOGO. You can be involved by ADVERTISING yourself, your business or your organization. Be seen by everyone! Just call **Michael Yahner** at 454-9608 right away. The DEADLINE is May 12th. That program won't happen without the help of **Stacey Selmant's** and **Michael Gorman's** 2 cents you know.

Next month I'll tell you all about the other 50 people working hard on the Fair. Will your name be mentioned? We meet the 2nd & 4th Monday's every month at 6:30 p.m. at the Lambda Center. Call 442-0185 to get involved.

In Pride - Kevin.

From The Executive Director

by Joanna Cassese

February and March were active months for us in terms of grant proposals. At this writing, we have received preliminary approval of our request to provide the lesbian, gay and bisexual community with education and prevention services for HIV/AIDS. This is an area we feel we are very experienced and we look forward to the opportunity to create some new and innovative methods to reduce the risk of infection and spread of AIDS in our community. I would like to thank the Sacramento County Department of Health and Human Services for providing the Lambda Community Center with the funding to carry out this important project. We will be inviting all members of our community to participate in the design and delivery of many new services.

Training provided for our staff through the State Office of AIDS will help us focus our program goals and improve the quality of our efforts.

Another goal we have this year is to make an effort to get to know other service providers in Sacramento who work so hard at providing care and support to our community. Our first action to increase communication and improve relations is to have a social with CARES and SAF. It is about time our staff and E.D.'s got to know each other and share experiences. Our agencies are in the process of planning this event which will take place on May 21st. I would like to thank Keith Smith and Sue Strong for demonstrating a willingness to work together and promote cooperation between our agencies. I believe we will all be able to provide a higher quality of service for everyone, and have fun doing so.

I also want to take this opportunity to thank Jo Tierney of Jammin' Jo's Dance and Sports Bar. Her dedication and support to her community goes beyond the average business owner. I urge everyone to support her in her dream on Broadway and attend the wonderful events she has planned for us. You're great, Jo! Thanks.

Last month we received a very generous donation from the Sacramento International gay and lesbian Film Festival committee. A lot of hard work went into this event and the proceeds will benefit our HEAL project. Please look for information on the upcoming fundraiser The Men's Chorus is having for this project. It will be an evening to remember.

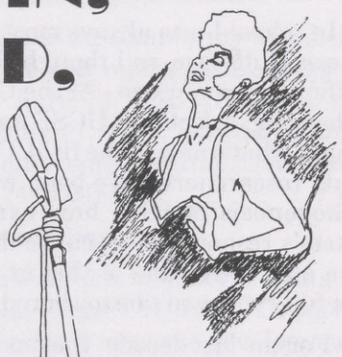
The response of our community to the Lambda Community Center has been heartwarming in terms of fundraisers and support. I would like to thank everyone who has expressed an interest in providing us with a method to raise funds. We can't get to all of these ideas at once, but they are sent to our Fundraising Committee for action. In the next newsletter we will present an annual calendar of fundraisers so each of you will know well in advance what's ahead. We are examining a new organizational structure to try to create a position specializing in fundraising. Such a change will help the Center keep up with the changing times.

Mark Whisler
and Ken Cody

Tax Preparers

Whisler Financial
Group
446-6666

GERSHWIN,
GARLAND,
And the Girls!



The Sacramento Men's Chorus

Broadcasts an Evening of Music From

THE west HOLLYWOOD CANTEEN

Saturday, April 22nd, 8:00 p.m.
Sunday, April 23rd, 3:00 p.m.

Sacramento City College Auditorium
3835 Freeport Blvd.

Tickets: $8.00 in Advance; $10.00 At the Door
Tickets Available At:
The Gifted Gardener, 2122 J Street
The Beat!, 1700 J Street
The Sacramento AIDS Foundation, 920 20th Street
CARES, 2710 Capitol Avenue

Proceeds from Tickets Purchased at either AIDS Organization will be Donated to that respective agency

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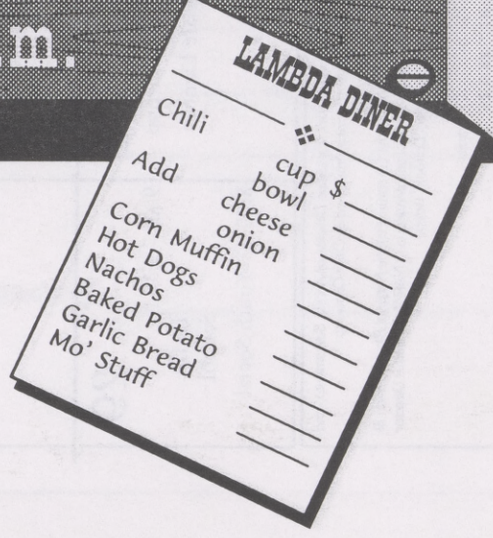
Celebrity
CHILI
COOK-OFF
& Beer Bust

Be entertained by some of our own gay leaders cooking their favorite chili recipes in "DRAG!"

This benefit for the '95 Lambda Freedom Fair will offer beer tasting from around the world and a full "Chili" Restaurant menu to fill up on.

Sunday, May 7, 1995
Noon - 5:00 p.m.
FACES - 2000 K Street
T-Dance 'til 8:00 p.m.



Chili Tasting - $1.00

Beer Tasting - $1.00

Sit Down Meal - $ Off our Menu

April 1995

Sun	Mon	Tue	Wed	Thu	Fri	Sat
CAFÉ LAMBDA April 7th - Open Mic April 14th - Douglas Wolfe April 21 - Boys Night Out April 28 - Game Night				*Upcoming Events:* *April 23-28 - "Raising the Roof"* *May 7 - Celebrity Chili Cook-Off* *May 14 - Fabulous Flirtations* *June 1-10 - "10 Days of Pride"* *June 9 - Lambda Awards Dinner* *June 10 - Lambda Freedom Fair*	1 8:00 PM Youth Social
2 11:00 AM AA	3 5:30 PM Men's Coming Out Group 7:00 PM Esperanto Class	4 6:30 PM Women's Youth 8:00 PM AA	5 7:00 PM Men of Color Discussion Group	6 2 - 5 PM Being Alive Living Room 6:00 PM Women's Coming Out Group 7:30 PM CODA	7 5:30 PM Youth Group 8:00 PM Café Lambda	8 2 - 5 PM Brotha & Sistah 8:00 PM Youth Social
9 11:00 AM AA 6:00 PM Gay Fathers of Sacramento	10 5:30 PM Men's Coming Out Group 6:30 PM Freedom Fair Committee 7:00 PM Esperanto Class 7:00 PM SAGLE	11 6:30 PM Women's Youth 8:00 PM AA	12 6:30 PM EAGLE's Potluck 7:00 PM Men of Color Discussion Group	13 2 - 5 PM Being Alive Living Room 6:00 PM Women's Coming Out Group 7:30 PM CODA	14 5:30 PM Youth Group 8:00 PM Café Lambda	15 8:00 PM Youth Social
16 11:00 AM AA	17 5:30 PM Men's Coming Out Group 6:30 PM Youth Advisory Board 7:00 PM Esperanto Class	18 6:30 PM Women's Youth 8:00 PM AA	19 6:30 PM Board of Directors 7:00 PM Men of Color Discussion Group	20 2 - 5 PM Being Alive Living Room 6:00 PM Women's Coming Out Group 7:30 PM CODA	21 5:30 PM Youth Group 8:00 PM Café Lambda	22 8:00 PM Youth Social
23 11:00 AM AA	24 5:30 PM Men's Coming Out Group 6:30 PM Freedom Fair Committee 7:00 PM Esperanto Class	25 6:30 PM Women's Youth 8:00 PM AA	26 6:30 PM EAGLE's Game Night 7:00 PM Men of Color Discussion Group	27 2 - 5 PM Being Alive Living Room 6:00 PM Women's Coming Out Group 7:30 PM CODA	28 5:30 PM Youth Group 8:00 PM Café Lambda	29 9 AM - 4:30 PM Traffic School 8:00 PM Youth Social
30 11:00 AM AA						

TV THIS MONTH

with Gay/Lesbian Bisexual content

Being Gay Today Schedule March - April

Channel 17
Thursdays at 10 p.m. repeated
Fridays at 4 p.m. &
Saturdays at 10 a.m.

March 16, 17, and 18
Hypnotherapist Anita Lyndeen; Pete Simpson, Director, AIDS Projects, United Way and Sandra Howarth, Center of Psychotherapy and Counseling.

March 23, 24, & 25
Vickie Seitchik's excellent documentary "Queer Son" with local Sacramento PFLAG parents' response to the program.

March 30, 31 & April 1
Outrageous #4

April 6, 7, & 8
Franklin Anderson, Lambda Center's Men of Color & AIDS Response Programs; Ron Cooper, Executive Director of Access Sacramento, and renowned Lesbian comics Amy Boyd & Carla Carmony.

April 13, 14 & 15
Momentum TV goes to the LA summit of the National Black Lesbian & Gay Leadership Forum and an interview with NARAL Executive Director Kate Michelman. Also "Duttook" video.

April 20, 21 & 22
Another great local program

April 27, 28 & 29
Out of town programs that relate to Gay/Lesbian/Bisexual life.

Youth Rap

by Brian Craig

I know. I know. It's been a long time since you've heard from me and the answer is yes, youth programs at the Lambda Community Center still exist. In fact, things are going quite well and keep getting better. Let me update you on the last couple months.

The youth group has adopted a new name: GaY - TIP (Gay Youth - Together In Pride). This was done by the members as one way of fostering ownership of their group. They are like their own mini-entity at the Lambda Community Center. The new name and logo will be found on all flyers and the new group business card. By the way, if you haven't seen these cards you ought to stop by and see me so you can check them out. The one word for them is groovy (that's what Marcia would've said). Thanks to Craig for all his hard work on this and the other billion projects.

Big, bigger, bustin' at the seams. This has been the progression of attendance at Friday's rap group and Saturday socials over the past couple months. Currently, lots of new members are jumping on the growing band wagon. It's great to see so many people taking part in these activities each week.

The other big thing the youth are planning is a spring Lambda Formal. This will be like the prom we couldn't take our partners to in high school. Most of the planning is done, and now we have the grunt work to do. Many hours have been spent making this THE premier event. We still need lots of help. If you are willing to donate items, time, or money, please let me know.

The other hot activities coming in the near future are a camping trip in June, an additional hotline training beginning in April, and the Lamba Formal in May. The exciting thing about the hotline is that I'm trying to get our line to be a part of a national hotline dedicated to gay, lesbian, and bisexual youth. If this happens, I will need a ton of help to make it work. If you are interested in being trained on the hotline, or going camping, please get a hold of me at 442-0185 so I can give you more information. As far as the dance goes, I know I have been talking about it for a long time, but I think it could actually be a reality in the near future. Stick with me.

As always, things are continually changing with youth programs. I need input about these changes and what can be done differently. All input is helpful, but I'm especially looking for information from folks ages 21 - 24. If you're between these ages and want to help with a focus group, please contact me here at the center.

Finally this month, I would like to do a very long list of thank-you's. Things have been hectic around here and these are the people that are consistent and continually helpful. Many, many thanks to AJ, Roy, Addam, Kenny, Jesse, Michael, Jason, , Julia, Dr. Bob, Ann, Andrea, Joe, Larry, the Board of Directors, the staff, Marla, Aaron, Steve, Alex, Craig, and most recently, Peter (you finally got your name in print!). Youth programs wouldn't be the same without dedicated people such as yourselves. Until next month!

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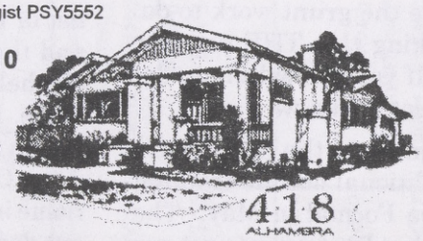

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